



Grateful Thread – July 2026

<https://www.facebook.com/FromtheHeartStitches>
<https://fromtheheartstitches.org>



President's Note:

Dear From the Heart Stitches,

Thank you for your many donations this month! Your generosity has been exceptional in the number of handmade items, [Amazon Wish List](#) donations, financial gifts, and donations of new yarn for our workshop. Our Distribution Team on Monday mornings is always amazed by the number of items that fill our bins each week. **Thank you!**

Our recipients and Distribution Team need your help! As From the Heart grows and our recipients' needs change, we are challenged each week to match your generous donations with our recipients' current needs. As you all know, we may need 800 soap sacks or bright-colored hats one month, and then those needs change! You always excel at creating items faster than our requests, and we are so grateful. Often, the sizes of requested items change as well, so please refer to the sizes listed on our current Needs List on **page 4** of this newsletter or the **whiteboard in the workshop** to ensure you're making the items that are needed most. When an urgent need arises, we'll notify you through a Constant Contact email.

Here are the answers to several of your questions this month:

- 1. Port Shirts** – Child and adult sizes are needed, and the T-shirts must be new. Zippers may be on the left side, right side, or both sides. The T-shirts may be purchased and donated through our [Amazon Wish List](#).
- 2. Pillowcases** – Please use only **prewashed, child-friendly novelty print fabric**. Because we receive very few donations of fun children's fabrics, please consider purchasing fabric on sale at Hobby Lobby or Michaels. If you are unsure whether a fabric is appropriate, please review the [Pillowcase Fabric Guidelines](#) on the FtH website by clicking [HERE](#) before you begin your project.
The body and cuff should be made from two different coordinating fabrics. An accent strip is optional, but if you choose to include one, it should coordinate with the other fabrics.
Thank you for helping us make the best use of your time and resources by creating pillowcases that meet our recipients' needs.
- 3. Baby and Adult Blankets** – Requested sizes change frequently! We currently need baby blankets that measure **36 inches wide by 36–44 inches long**. Our current adult blanket requests are for blankets measuring **40 inches wide by 48–72 inches long**. Quilts for babies and adults should follow these same size guidelines.
- 4. Our [Year at a Glance Calendar](#)** lists underarm/neck pillows as a July project. We have plenty! Thank you for filling that need before the month even begins.

I look forward to seeing your creations each week, answering your questions, and receiving your donations. Please feel free to email me anytime at fromtheheartstitches@gmail.com.

Enjoy our country's 250th anniversary celebrations in July!—**Susan Rickman**



Registration Is Full — Join Our Waiting List!

A Bit About our Speakers:

We are delighted to welcome **Hunter Moum, Associate Director of In-Hospital Programs for Ronald McDonald House Richmond**, along with a representative from **Alpha Kappa Alpha (AKA) Sorority, Inc.** Both organizations are making an incredible difference in our community, and we are honored to learn more about the lives they touch every day.



In a Facebook post this past May, Ronald McDonald House Richmond shared a heartfelt message alongside a photo (left) of handmade items from FtH:

"When a family is in medical crisis, small comforts like a warm blanket or soft stuffed animal can make all the difference - and it's even more impactful when it comes made with love! ❤️"

Each month, From the Heart Stitchers donates high-quality knitted, crocheted, and sewn items to Ronald McDonald House Richmond. These beautiful handmade items are distributed to our program spaces to families in medical crisis throughout the Greater Richmond Region. Thank you to From the Heart Stitchers for helping us offer cuddly

comforts to our families!"

We're also excited to celebrate our partnership with **Alpha Kappa Alpha (AKA) Sorority, Inc.** For the past two years, AKA members have joined us on Martin Luther King Jr. Day to create handmade items for those in need. Together, we've completed **more than 2,700 comfort items!** Their generosity doesn't stop there—they have also supported our mission with a generous donations of Poly-fil and Velcro to help us continue our work.

Join us as we welcome these amazing community partners and celebrate the power of compassion, collaboration, and handmade kindness!

How About These Vendors! Here are a few that have confirmed so far:

- [Center of the Yarniverse](#)- local yarn shop
- [All Things New](#)- sewing and service, as featured in [Quiltfolk](#) Magazine
- [Sugar n Crumb](#)- home-baked goods

- Bloomage ([Sheila Weisensales Creations](#))- pressed flower decor, paper products

Do you have questions, suggestions, or comments? Email fthtreat@gmail.com

Yarn, Laughter & Community as From the Heart Celebrated Knit in Public Day

The conversation was lively, the company was marvelous, and while we may not have gotten as much knitting or crocheting done, we certainly enjoyed a morning and afternoon filled with laughter, friendship, and plenty of opportunities to share ideas, tips, and inspiration. It was a wonderful reminder that the joy of our craft comes not only from the stitches we make, but also from the friendships we create along the way. Photo (right, l-r): **Betty Y., Barbara C., Sharon S., Barbara G., Christine K., Heidi R., and Jan S.**



Photo by – Dorothy B.

Handmade Dinosaurs Encourage a Love of Reading

Photo (left, l-r): **Marilyn C.-H. and Izumi M.** delivered 24 amigurumi dinosaurs to Ann, the librarian at Dawn Library, to be given to participants in the summer reading program.



Community Partners Making a Difference.

Our Thanks To:

Daniela L. and nine volunteers from Troutman Pepper Locke, a national law firm, spent time creating comfort squares for From the Heart. They also donated 20 skeins of yarn along with additional knitted and crocheted projects to support our mission.

Alison G. and Vicky W. from the **Oncology Nursing Society** volunteered on Saturday, June 13, helping the Distribution Team by counting and bagging donated items and then they spent time cutting Scent Hearts. They also generously donated yarn to the workshop.

Shelf Improvements Courtesy of CarMax!



Assembling the shelving for the novelty & fur/unfinished projects area is the awesome CarMax team of: l-r: **Landon N., Keith L., and Brian M.**



For many years, we have been blessed to have the wonderful team from [CarMax](#) ask, "How can we help?" In addition to making a generous financial donation each year, they also donate their time and talents to From the Heart.



Working on the baby-yarn shelving the amazing CarMax team of: l-r: **Mustafa S., Caitlyn K., and Lidia M.**

On June 29, the CarMax team gave our workshop a



Photos by Dorothy B.

fresh new look by replacing the shelving in our baby yarn and novelty/fur/unfinished projects areas. They removed the old shelving, assembled the new units, and we are thrilled with the results! It's easier to see what is on the shelves, and we have more room for more yarn! We love that!

Thank you, CarMax, for your generosity, hard work, and continued support. We truly appreciate all you do for From the Heart!

Photo (left): The dynamic duo of: Jane A. (left). and Betsy V. (right) worked their organizational magic—sorting, organizing, and reshelving the yarn onto the new shelves. It looks so fresh, clean, and ready for your next creative project! Our thanks to Jane and Betsy for sharing your time, talents, and hard work. We appreciate all you do!

June Distribution Numbers and Current Needs



Richmond FtH needs:

**Your amazing generosity has filled our shelves!
At this time, we have an ample supply of hats, soap sacks,
shawls, and arm pillows.**

These are our GREATEST needs for the month of July.

- **Baby Blankets 36"wide by 36-44"long**
- **Adult Blankets 40"wide by 48-72"long**
- **Children's Print PILLOWCASES – Please see President's Note on page 1 of this newsletter for additional information.**

Donation Inventory Numbers as of June 27, 2026	
Previous Total	
Mid 2002 - 2025.....	643,553
In 2026:	
Jan. - May.....	16,929
June.....	3,184
Year to date total.....	20,113
Grand Total	663,666

FtH Fredericksburg - 10718 Courthouse Road, Fredericksburg, VA.

Everyone is welcome on the **2nd and 4th Tuesday** of each month from **9 a.m. to noon.**



**A tremendous thank you to everyone who provided both colorful
and dark-colored children's hats for Dressing Days.
We provided them with 1,039 hats!**



Fredericksburg Needs: Any items you enjoy making.



Volunteer of the Month for July is... Jacqueline Clare

Many of you know Jacqueline as our energetic Retreat Bingo/Hearts caller. Her fun-loving personality and great sense of humor make the afternoon games a highlight of the retreat!



This year, Jacqueline will be wearing another hat as she teaches not one but two classes – “Sewn Pillowcases Made Easy,” and “Other Sewing Projects for From the Heart!” Among her many talents is the ability to transform an unfinished FtH project into something both beautiful and useful. Whether she's calling Bingo/Hearts, or sharing her sewing skills, Jacqueline always brings creativity, enthusiasm, and a smile wherever she goes.

A huge thank-you to **Jacqueline Clare** for ALL you do for FtH!

Websites to Check Out from Janet Spartzak

Knitting is my first love, but crocheting makes such light colorful items to be worn or used. Its light airiness seems to make it easier to crochet in the hot summertime.

Check out: [Mama in a Stitch](#) – this site has crochet patterns and 24 pages of crochet items as well as tapestry crochet bags and a harvest flower basket. Also, [Easy Crochet](#) has 30 stitches for beginners.

For our knit loving friends, [Darn Knit \(Anyway\)](#) has several courses in how to repair a knitted item as well as Swedish darning. [Plymouth Yarn](#) has some of the most beautiful, knitted patterns that are free.

Happy Fourth of July! National I Forgot Day! July 2 —**Janet Spartzak**

Our Sincerest Thanks to...

Katherine M. from **Arizona** for her donation of eight beautiful kids’ hats.

Sharon H. from **Ohio** for 16 blankets and 11 scarves.

Martha Joan F. for sending FtH a doll, T-shirt, and package of socks from our [Amazon Wish List](#).

Anonymous for the four bags of Poly-fil! This is an item that is always in demand for making adorable toys.

Inga G. for your generous donation of beautiful yarn which we can never get enough of. Also, our thanks to **Barbara JN R.** for facilitating this donation.

The **anonymous donors** who gave us a package of T-shirts and six dolls from our [Amazon Wish List](#).

Carmen S. from Sterling Va. for the large box of yarn! We love donations of yarn!

A very heartfelt thank-you to the following for making a monetary donation to FtH. Your generosity helps us purchase yarn and fabric, supports our ongoing projects, and enables us to continue serving our community. We are truly grateful for your support: **Rotary-Huguenot Trail** and **Mary D.**



← Additional Ways to Help From the Heart! →



For an updated list of FtH group meetings, please click [HERE](#).